

Heddy's Houmous

Ingredients

500gm cooked chick peas
75 gm Tahina
Juice of two lemons
Salt - to taste
Cumin powder - to taste
Chilli powder - to taste
Olive oil
Garlic crushed - 2 cloves

Electrical Blender

Method

Blend the chick peas to smooth paste if it is too dry add some olive oil ,add two tea spoon of salt ,cumin powder and 3rd tea spoon of chilli powder.

Once smooth add your lemon juice together with tea spoon of garlic puree, blend for a further minute and while the machine is on add your Tahina paste. The Tahina will thicken the hummus and will give it the nutty taste

Lamb Chavourma

Serves 4

Ingredients

4, 7oz pieces of best lamb fillet without fat
2 tbsp mixed spice (garam, cumin and Mediterranean mixed herbs)
½ tsp coarse black pepper
1 red chilli, de-seeded
1 tsp rock salt
2 bay leaves
50ml red wine (optional)
50ml vegetable oil



Opening Hours

Lunch: Tues to Fri 12pm-2.30pm

Evenings: Mon to Fri 5.30pm-10.30pm

Saturday: 6.30pm-10.30pm

Sundays: Closed

For reservations please call 01625 526855

Method

Put the ingredients in a bowl and mix. Rub the marinade over the lamb, cover and leave in the fridge for at least four hours but ideally 12 hours.

Seal the fillets over a high heat in a frying pan for one minute each side, being careful not to overcook. Don't pour the marinade liquid in the hot pan as it will catch fire.

Place the lamb on an oven tray and add some of the marinade. Cook in a hot oven for five minutes, then remove, cover loosely with foil and leave to stand for two minutes.

Slice and serve with basmati rice and crispy salad with spring onions and cherry tomatoes. Add fresh chopped tomatoes and parsley to the remaining marinade and reduce. Season to taste